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FIVE WEDNESDAYS

by Cathy Granett, RN, MA

Cathy Granett has worked in the healthcare field since the sixties and has been a longtime student of various healing traditions, including medical qigong. She has also been researching and studying mediumship, both in the United States and in Europe. At present, Cathy volunteers for two NGOs (nongovernmental organizations) that are engaged in relief work with Tibetan refugees in India and building schools in Tibet and Mongolia for Tibetan Bon children. Cathy has attended an impressive array of TMI residential programs: GATEWAY VOYAGE®, LIFELINE®, EXPLORATION 27®, BEYOND EXPLORATION 27, STARLINES (three times), the REMOTE VIEWING PRACTICUM, and MC². FIVE WEDNESDAYS was her first experience of GUIDELINES® and HEARTLINE.

Over the years that I've been attending TMI residential programs, it seems that there've always been the highest number of exclamation marks and stars in my Wednesday journal notes. Is it any wonder, then, that the *FIVE WEDNESDAYS* program would be something so special and profound? Each day was the essence of a specific program, beginning with the *GATEWAY VOYAGE* on Sunday and ending with *HEARTLINE* on Thursday.

There were fourteen participants in our group, ten men and four women, who had traveled to the Institute from all over the United States, as well as from Austria, Canada, and France. Joe Gallenberger and Patricia "Macca" Peters were our peerless facilitators, whose combined wisdom, love, and humor helped us all on our intensive journey through five programs in one week!

On Saturday night, after dinner and a group "meet and greet" in David Francis Hall, we headed off to our CHEC units and listened to *SyncCreation*. While in a Focus 12 state, we were encouraged to set our intent to accomplish our desires for the days ahead. My request to my-Self was to expand farther and to learn more deeply than heretofore imagined or experienced in all of my Monroe programs to date. That request was fulfilled beyond any and all expectations.

Sunday was *GATEWAY* Day. It had been many years since my *GATEWAY VOYAGE*, but the memory/experience of the original *GATEWAY* engulfed me and assisted my efforts to expand my consciousness to new heights with each of the exercises. As the day progressed, the experiences went farther outward/inward, leaving me astounded that this was just the first day of the program. I easily traveled into other dimensions with *Vibe Flow and Beyond* and met Guides from "other times" on my soul's continuum. One thing of note in connecting again with *GATEWAY* was the use of the Miranon color system for moving into the Focus levels from F15

to F21. Having gotten used to a “quick switch” method to access the various Focus levels, I was pleasantly surprised to go the step-by-step way through the colors to F21. I realized that the process contained an energetic that was most beneficial for sharpening and extending perceptions while in the higher Focuses. We ended the *GATEWAY* Day with *Super Flow 21*, which was—as reported by a number of the participants—sublime, and it definitely set the tone for the following day’s exercises.

Monday morning we began *GUIDELINES* Day with First Contact—our Inner Self Helper (ISH). It was an easy transition to being with ISH, as together we explored various aspects of the grander Reality. At one point in the exercise my ISH morphed into an Indian sadhu, who accompanied me into an ancient temple ground. There, one by one, people I had known from this and other lifetimes appeared. We exchanged warm greetings and information about what we are involved with now in our various “lives.” At the same time, I became aware of how frequently such contacts occur in the dream state and that we have access to communication in many ways throughout the day. It was a marvelous realization, one that has stayed vital and within easy reach since returning home. In the evening, after having written a list of questions, we paired off with a partner. Each of us in turn accessed a comfortable Focus level and then proceeded to answer the questions. Both my partner and I were surprised and very pleased with the answers we received.

Tuesday was *MC²* Day, and what a day it was! Joe delighted us with many PK stories from his Las Vegas Adventure workshops and examples of the dramatic manifestations of abundance that frequently occur for many participants. In addition, he explained how training in psychokinesis—with its focus on heart-space—can be used as a powerful healing tool for self and others. For instance, Joe shared how heart-focused PK brought immediate healing to a woman suffering from severe congestive heart failure when the group sent remote healing. That evening we gathered in David Francis Hall and began the night’s events with a healing circle for anyone we wished. The energy generated by our group was palpable and uplifting, bringing us all into the awareness of a very sacred space. After the healing circle, we tried out PK in several ways, such as making fluorescent lightbulbs light up, getting aluminum foil strips (suspended on a spindle and inside a bell jar–type container to keep them completely free from external influences) to spin, influencing an infrared beam so as to trigger the lighting of an incandescent lightbulb, and adhering metal coins to our skin. The fun was great and the laughs were many. The real lesson, however, was found in the open-hearted space that we generated during the exercises.

Wednesday was *LIFELINE* Day. We began by going to the Park in Focus 27, and then on to our own special places to explore whatever we wished until returning to C1. In the afternoon we did retrievals. I assisted with several: The first was a woman prisoner of conscience in a bloodied concrete cell in an Asian country. She had been beaten, tortured, and left to die. She was in a deep state of shock, and it was emotionally wrenching as the Helper and I transferred

her—ever so gently—to a soothing room in the Healing and Regeneration Center in 27. The next retrieval was in an African village where numbers of women and children had succumbed to an epidemic. Oddly, there were no men. When I inquired why, my Helper said they had all been taken for soldiers some time ago. We succeeded in getting everyone to an “aid” station, which was “located” just outside of the village. They were welcomed and cared for by a number of Helpers. There was still some time left, so I asked, “Is there anyone else I can help?” I was immediately brought to a room where my best friend’s aunt had recently passed away. After introducing myself to her, I led her outside into a lovely patio area where she was reunited with her husband, brother, and niece. It was delightful! That evening we broke up into groups of three. Each of us wrote down the name of someone who had departed from the physical plane, about whom we wanted information. The papers were folded and marked with a personalized symbol. Then each of us selected a paper and off we went to our CHEC units to make contact. My visit with the woman who was named on my piece of paper was lovely. She shared quite a bit of information, all of which was later validated by the participant who was her friend.

Thursday was *HEARTLINE* Day, the perfect ending to a perfect week at TMI. Our first exercise, *Intro to Focus 18*, was followed by *The Tree of Life*—“the jewel in the crown” of the entire week’s program. Darlene Miller’s voice led us to our own garden in Focus 18, and from there we were guided to an expanded state of Oneness with the Light that is All That Is. We brought the Light into ourselves, clearing and energizing our chakras, and then sent it down into Mother Earth. She, in turn, returned it to us in love and gratitude. As the Light was expanding through my heart, I felt a deep and abiding love and gratitude for everyone and everything, but most of all for all the dedicated efforts of Bob Monroe, Nancy Penn Monroe, and Laurie Monroe in making TMI a reality in our Earth Life System. As Darlene’s voice gently led us back to C1, I found myself awash in tears of joy and gratitude and realized that in my CHEC unit at TMI I’d discovered what I’d been pursuing on my spiritual journey for many, many years. *FIVE WEDNESDAYS* is definitely a fivestar program, and I look forward to attending it again in the future.